

Prod. No. 64821

DIRECTIONS: For adult women, take two (2) softgels daily, preferably with a meal.

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

Amount Per Serving		%Daily Value for Pregnant and Lactating Women
Calories	10	
Calories from Fat	5	
Total Fat	0.5 g	***
Vitamin A (as Beta-Carotene)	4,000 IU	50%
Vitamin C (as Ascorbic Acid)	100 mg	167%
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopherol)	30 IU	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.8 mg	106%
Riboflavin (Vitamin B-2)	1.7 mg	85%
Niacin (as Nicotinic Acid)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.6 mg	104%
Folic Acid	800 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	100%
Biotin (as d-Biotin)	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate)	200 mg	15%
Iron (as Ferrus Fumarate)	28 mg	156%
Iodine (as Potassium Iodide)	150 mcg	100%
Zinc (as Zinc Oxide)	15 mg	100%
Copper (as Cupric Sulfate)	2 mg	100%
Ginger Extract (Zingiber officinale/roset)	200 mg	***
Docosahexaenoic Acid (DHA) from DHA rich oil derived from a plant based algae (Schizochytrium sp.)	200 mg	***

***Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin. Contains <2% of Annatto Color, Acetylsalicylic Acid, Natural Flavors, Silica, Soy Lecithin, Sunflower Oil, Titanium Dioxide Color, Tocopherols. Contains soy ingredients.

Made in the USA with select ingredients from around the world



Beauty Starts on the Inside™

At Nature's Bounty, we believe health and beauty go hand in hand. With over 40 years of making quality vitamins and more than 20 years in the beauty business, you can trust that every Nature's Bounty® product is backed by science, and made with only the purest ingredients...guaranteed. Beauty Starts on the Inside.™

- ✔ Gluten Free
- ✔ Guaranteed Quality
- ✔ Laboratory Tested

No Artificial Flavors or Sweeteners, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fruit, Sodium-Free.

*per serving
WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 5. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

For Nutrition Questions or Comments?
Call 1-800-433-0990
Mon. - Sat. 9 AM - 7 PM ET

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Beauty Starts on the Inside™



PRENATAL MULTI HEALTHY MOM

WOMEN'S HEALTH

Supports Baby's Healthy
Growth and Development*

200 mg
Plant Based
DHA**

60 Softgels

DIETARY SUPPLEMENT

FOR USE BEFORE, DURING
& AFTER PREGNANCY*

Providing essential nutrients for you and your baby is important during pregnancy. Nature's Bounty® Optimal Solutions® Healthy Mom Prenatal Multi is a comprehensive high potency multi-vitamin and multi-mineral formula designed for women before, during and after pregnancy.*

Our formula contains 19 nutrients, including 100% daily value of iodine and folic acid, beneficial plant-based DHA and ginger. This can help to meet your nutritional needs allowing you to feel healthy on the inside for a beautiful mom glow on the outside.*

Rapid Release
Softgels



- ✔ Supports baby's healthy growth and development*
- ✔ 100% Daily Value of Iodine and Folic Acid
- ✔ 200 mg Plant Based DHA**
- ✔ Rapid Release Softgels